

January



Dolphin Digest

"Be The Reason Someone Smiles Today!"
News from the Parent Center



Mark Your Calendars!

- *Jan. 1st- New Years Day
- *Jan. 1st-2nd- Semester Break
- *Jan. 5th- Report Cards
- *Jan. 11th- Family Night 6-8pm
- *Jan. 15th- M.L.K. Holiday No School
- *Jan. 19th- PTO Spirit Day Parents Night Out 6-9pm
- *Jan. 31st- Early Release 11am!

January 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	★	★	3	4	★	6
7	8	9	10	★	12	13
14	★	16	17	18	★	20
21	22	23	24	25	26	27
28	29	30	★			

*Weekly Events -STEAM Mondays
-Title Thursdays

**No events during Semester Break or when school is not in session



Family Math Game Night

January 11th 6-8pm

- Engage in fun activities!
- Enhance your child's knowledge!
- Enjoy fellowship and food!

Register Now!



Dolphin Dash
February 3rd 2018 8am

Join the Dash and....

- Sign up early to get the discounted rate and your t-shirt.
- Sponsor early so you can deduct it from 2017 taxes.
- Show off your new sneakers.
- Savor your accomplishment.
- Support your school.
- Showcase your business.
- Start the new year off healthy!



12 Toasty Tips for Staying Warm in Cold Weather By: Amanda Green

1. Warm yourself first-Put on another layer of clothes before turning up the heat.
2. Wear a hat.-Wear your hat, event if you are in the house!
3. Turn on the ceiling fan-lowest setting in a clockwise direction pushes warm air back down so you can feel it.
4. Switch between hot & cold water in the shower-cold showers improve blood circulation and your immune system
5. Block drafts with a pool noodle-cut a pool noodle in half lengthwise, wrap it in fabric, and slide it under your door.
6. Programmable thermostat-Stay toasty on schedule, so you never go home to a living room that's colder than outside.
7. Trick a locked thermostat-Putting ice near your office thermostat often does the trick.
8. Dress your windows up in warmer clothes- Replace thin curtains with heavier wool or fleece drapes in the winter.
9. Go ahead, bake all day-Using your oven heats up the whole house.
10. Start composting-Some people use it to warm up showers and greenhouses.
11. Layer your covers with the thinnest, densest ones on top-They should be on top to prevent convective heat loss.
12. Stuff your coat pockets with DIY hand warmers-All it takes is two Ziploc bags, water, and calcium chloride ice melt pellets from the hardware store.

Parent Liaison

I hope the holidays were incredible for everyone! Semester Break is always a perfect time to do some house cleaning and get some much needed rest for educators. We are starting the year off refreshed and in good spirits. I wish the same for my NFE family. Mrs. Crane Gray